



Denver Mile High  
**Rotary**  
Club



**Denver Mile High  
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### ZOOM LINK

The Zoom meeting  
"room" will open at 7:00  
am, and the meeting will  
begin at 7:15.

**Join Zoom Meeting**

[https://  
us02web.zoom.us/  
j/81294791259?  
pwd=aXZsTXRiZzJLZEVLRI  
N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRI1N2RFZ3bnBRdz09)

Meeting ID:  
812 9479 1259  
Passcode:  
903839



## President's Column

Dear Rotary Colleagues

20 November 2023

### This Week

Gratitude and appreciation. Thanks for partnering with Rotary to carry out your philanthropic aspirations. Have a wonderful turkey day with your favorite gang! We are dark this week and next but will be quite bright on Tuesday 11/28 for our holiday party – please join the celebration with food, spirits, music, games, and friends. See page 2, bottom left for details.

### Last Week

Thanks to District Governor Jim Johnston for his presentation last week, highlighting the many DMHR contributions to District affairs and flaming the spirit of hope within all our activities. As governor Jim Johnston commented, we work to inspire hope in the world, not just for others but for ourselves as well.

Related to the Rotary's policy for the protection of youth and vulnerable populations, those actively involved with these groups must complete the [criminal background check](#), as well as complete the tutorial and pass the post test. [Click here to take the test](#). The background check will cost ~\$17 and you can submit a request for the club for reimbursement or cover the cost yourself as a donation to the club.

For those who requested info about the Virtual Peace Corps Power Point presentation (aka NextWorldNow) two weeks back, [please click here](#), or go to [www.nextworldnow.org](http://www.nextworldnow.org).

### Appreciations

- Debra Flick-- spotted at Centennial Elementary School reading for peace, enjoying the funny wisdom of 1<sup>st</sup> through 3<sup>rd</sup> graders in the process.
- Marcus -- leading the jam sales and delivery process.
- Dr Pat, Debra, and the CEC Young Rotary team – providing an outstanding presentation at the Zone Institute on the effectiveness of BrainWise, a powerful social emotional self-management tool. [\(see also write up from Pat, photos from Debra, and link on page 4 of this newsletter\)](#)

### One of Us

See if you can guess this week's member. **Answer at bottom of next page.** Generally claims to be from North America but has frequented Central America at one time. Subsequently has traveled broadly. References no particular favorite eating location but shows up often for many a festive meal among friends. Very much enjoys fellowship activities with the "gang." Environmental causes are near and dear to their heart. In another life, thinks being an agribusiness executive has appeal. An interesting sidenote of notoriety, has several relatives who have received a Presidential pardon. Who am I?



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## Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
22 Nov	DARK	Happy Thanksgiving!	DARK
29 Nov	DARK	Holiday Party on 28 Nov	Pinnacle at City Park South
6 Dec	Off-site Meeting	ECDC African Community Center	925 S Niagara St, Ste 200

## Denver Mile High Rotary Calendar of Events

**Nov 20** - WCS meeting - 4:00pm - Contact [Audrey Leavitt](#) for details

**Nov 21** - Fundraising meeting - 4-5pm - contact [Marcus Hanlon](#) for details

**Nov 22** - Rotary is **DARK**, no meeting. Happy Thanksgiving!

**Nov 28** - DMHR Holiday Party at the Pinnacle; this event will replace the 5<sup>th</sup> Wednesday happy hour on Nov 29<sup>th</sup>

**Nov 29** - **DARK** - No Club Meeting as this is the 5th Wednesday of the month

**Dec 5** - 4:30 DMHR Book Club—all welcome - [The Guncle](#) - details - page 3

**Dec 6** - Off-site meeting, ECDC African Community Center, 925 S. Niagara St, Suite 200 Denver, CO 80224. **Access to the building is at 7:30am.**

## Editor's 2 Cents Worth

### A word from your editor

Dear fellow Rotarians...

Happy Thanksgiving, all! We'll have out of town company, busy days, followed by a Steamboat trip. See you at our off-site, Dec 6th, in two weeks!

Annelly Noble, Past Pres 2022-23  
[Annely.noble@comcast.net](mailto:Annely.noble@comcast.net) 303-842-8725

*The more you contribute to your Rotary Experience,  
the more you benefit from your Rotary Experience.  
What are YOU contributing to Rotary?*

### DMH Rotary Holiday Party

Tuesday, November 28 - 5-8 PM

Tony and Cynthia Vaida's Pinnacle @ City Park South

2990 E. 17th Ave, Denver CO 80206

Please bring a dish to share

Wine, beer, and soda will be provided



### Important Information!

We will be **DARK** the following Wednesday:

**Nov 22** - Day before Thanksgiving

**Nov 29** - This is the fifth Wed of the month but instead of happy hour, we will have a

**Holiday Party on Nov 28,**

<— see information to left.

### One of us...

The guest of honor at many a Thanksgiving meal! Taking "service above self" to a new level –

**Tom and Tamara Turkey**



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**Denver Mile High  
Rotary Book Club**

All Welcome!

In December  
we will discuss

**The Guncle**  
**by Steven Rowley**

Next meeting -  
4:30pm on Dec 5th  
at Tom and Pam  
Giordano's home  
7271 E Wesley Ave,  
Denver, CO 80224

**November Birthdays**

17 Nov - Chuck Rudolph

23 Nov - Diane Messamore

26 Nov - Carolyn Schrader



**Village Exchange Center**



Only about 3/4 of a mile east of Project Worthmore, the Village Exchange Center is a community center and multi-faith worship space that celebrates religious and cultural diversity by creating an inclusive environment where residents from all backgrounds can practice, interact, share, and develop together.

Denver Mile High Rotary members volunteer at VEC  
the **first and second Wednesdays of each month**  
**from 9:30-11:00am.**

Please contact [Tom Cella](#) for more information  
and to let him know you would like to help.



The Conflict Center is always looking for  
volunteers to do a variety of tasks.  
Watch this space for opportunities.  
For more information or to sign up,  
please contact [Ronnie Weiss](#).



**PROJECT  
WORTHMORE**

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, food for their community, as well as other services.

We may volunteer any Monday during the entire month to help with food packaging and deliveries.

Please contact [Tom Cella](#) at 303-981-1222  
for more information and to volunteer.

**Where:** 1666 Elmira Street, Aurora

**What:** They need a total of 8 volunteers - 3 to help with packaging and 5 to help with deliveries.

**When:** The first Monday of every month.

**10:30am - 12:30pm: Food Packaging.**

**12:30pm - 1:30pm: Deliver boxes to families**

**DMHR Dues information**

Please pay quarterly dues on  
or before the following dates:  
July 15; October 15; January 15; April 15  
Deliver a check to Carolyn at a meeting,  
or mail to:

**Denver Mile High Rotary**  
**PO Box 101471**  
**Denver CO 80250**

For more info, [click here to log in](#) to the  
DMHR website, then click on  
"member resources."





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## DMHR Service Above Self

### Proud of our Members...

We are proud of our members and our Interact/Young Rotarian students who recently participated in the Zone Institute Conference in San Diego, CA.

To view the complete report on members', students', and the BrainWise Program's contribution to the Zone Institute, [please click here](#).

Note from Dr. Pat regarding the linked article...

"I included background information on CEC because Debra and I realized that most members do not know the 10-year history DMHR has with Stacey, CEC's Interact sponsor, community projects, and BrainWise. The article also shares that the Zone presenters not only addressed empowering girls, psychiatrist Dr. Jared Greenberg presented his pilot findings on teaching BrainWise to inpatient homeless Veterans with serious mental illnesses at the Los Angeles Veterans Administration Medical Center."



### Rotary Zones 26/27 Institute

5 days ago

Dr. Barry is the developer of the BrainWise Program and founder of the BrainWise nonprofit organization. Her background as a public health, psychiatric, and school nurse exposed her to the lasting effects of poor decision making, and the need to teach thinking skills to the underserved, as well as to the general population. She has conducted marketing research studies for Fortune 500 companies, taught research to nursing students as an adjunct professor, and been the principal investigator or co-investigator, of more than 50 research studies on topics ranging from marketing issues to domestic violence. She will join us as the keynote speaker on Saturday morning, sharing how we can make our club projects more successful using these social-emotional learning tools.

[www.zoneinstitute.org](http://www.zoneinstitute.org)

#californiadreamin

#rotaryiscaliforniadreamin'

#rotarywhereyoubelong #bigwestrotary

#exploresandiego #ZoneInstitute ... [See](#)

[Less](#)

